

**Claims**

What is claimed is:

1. An automotive seat assembly comprising;  
a seat cushion,  
a seat back having top and bottom portions,  
a seat frame for supporting said seat cushion and said seat back,  
a head restraint mounted to said seat frame by posts and capable of  
being moved between a deployed position and a retracted position, and  
a control mechanism disposed within said head restraint for moving the  
head restraint between the deployed position and the retracted position.
2. The assembly according to Claim 1, wherein said control mechanism  
includes a biasing device disposed between said posts for continuously biasing said  
head restraint toward the deployed position.
3. The assembly according to Claim 1, wherein said control mechanism  
includes a housing and an actuation device pivotally mounted to said housing.
4. The assembly according to Claim 3, wherein said actuation device  
includes an actuation lever pivotally mounted to said housing for moving said head  
restraint to and from the retracted and deployed positions.
5. The assembly according to Claim 3, wherein said actuation device  
includes a shaft having a flat for engaging one of a plurality of notches in said posts.
6. The assembly according to Claim 5, wherein said actuation device  
allows said head restraint to move to and from the retracted and deployed positions  
when said flat is substantially parallel to a vertical axis of said posts.

7. The assembly according to Claim 5, wherein said actuation device prevents movement of said head restraint when said flat engages one of said plurality of notches in said posts.

8. The assembly according to Claim 5, wherein said head restraint is placed in a retracted position by pushing down on the head restraint until said flat engages one of said plurality of notches of said posts.

9. A control mechanism for an automotive seat assembly, comprising;  
a housing;  
a biasing device disposed between posts for continuously biasing a head restraint mounted to a seat frame by said posts, said head restraint capable of being moved between a deployed position and a retracted position; and  
an actuation device pivotally mounted to said housing, said actuation device including an actuation lever pivotally mounted to said housing for moving said head restraint to and from the retracted and deployed positions, said actuation device including a shaft having a flat for engaging one of a plurality of notches in said posts, wherein said actuation device allows said head restraint to move to and from the retracted and deployed positions when said flat is substantially parallel to a vertical axis of said posts, and wherein said actuation device prevents movement of said head restraint when said flat engages one of said plurality of notches in said posts.

10. The control mechanism according to Claim 9, wherein said posts mount said head restraint to a seat frame.

11. The control mechanism according to Claim 10, wherein said seat frame supports a seat cushion and a seat back.